




# All-terrain



Chaz  
 [cvillette](#)

<https://cvillette.livejournal.com/2008-09-15> 20:53:00

I should totally get these. ([https://www.livejournal.com/away?to=http%3A//www.skorpion.com/multi-terrain/intro\\_3.htm](https://www.livejournal.com/away?to=http%3A//www.skorpion.com/multi-terrain/intro_3.htm))



[locked] Dream Journal

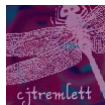
All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

Poppets. Puppets. Poppet  
puppets. Scary.

28 comments



 [cjtremlett](#)

[September 16 2008, 03:47:13 UTC](#) [COLLAPSE](#)

Dang, that looks like fun!

Though I hate the fact that the advertising copy refers to them as "Hummers for your feet".

But they remind me of the first roller skates I had as a small child, that clipped to my shoes. And had a key. And yes, that does mean I'm old, but those things were fun! Wheels weren't big enough to what these things can do, but I did still skate off-road a bit with them.



 [capecorey](#)

[September 16 2008, 03:50:52 UTC](#) [COLLAPSE](#)

Yes. Yes, you should.



 [saoba](#)

[September 16 2008, 04:52:03 UTC](#) [COLLAPSE](#)

Those look like fun even on my first evening post-new PT routine.

Making a note to myself to come look at them again when I get released.

(She seemed like such a nice lady. I'm going to feel bad about wanting to bite her when I wake up tomorrow.)



 [winneganfake](#)

[September 16 2008, 05:00:31 UTC](#)    [COLLAPSE](#)

Nice. Personally, though, I want to get my hands on a pair of these:

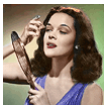
[https://www.vibramfivefingers.com/products/products\\_flow.cfm](https://www.vibramfivefingers.com/products/products_flow.cfm)



 [cvillette](#)

[September 16 2008, 16:14:57 UTC](#)    [COLLAPSE](#)

I could wear those to work. Hello, double-take!



 [Ometotchtli](#)

[September 16 2008, 16:21:17 UTC](#)    [COLLAPSE](#)

And boulder on the Cowboy's desk.

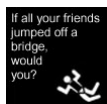


 [winneganfake](#)

[September 16 2008, 16:44:26 UTC](#)    [COLLAPSE](#)

Forget work- I can't wait to get my hands on a pair and wear the *everywhere*. I can see the double-takes at the convenience store now.

That, and I'm hoping the toes have decent grip- I need something helpful to get me back into practice for Le Parkour again.



!!!

 [cvillette](#)

[September 16 2008, 16:47:35 UTC](#)    [COLLAPSE](#)

I so want to get into that. How do you get started?



[Re: !!!](#)

 [winneganfake](#)

[September 16 2008, 17:00:09 UTC](#)    [COLLAPSE](#)

Here's a good spot to start at: <http://www.wikihow.com/Get-Started-in-Parkour-or-Free-Running>

I'd recommend parkour.net, but they've been down for a while now, and I don't know if they're coming back.


Personally, I stick with this- parkour is all about free-form and improv. Figure out physical riffs that work for what you're capable of doing. Practice the hell out of them. Figure out how those riffs work against certain obstacles- learn to recognize said obstacles in the environment and use said

riffs as a reflex.

The biggest thing is not about how physically fit you are (though the fitter you are, the better)- it's about knowing what your body's capable of, and actually *applying* it. That's why I like Parkour, anyways, even if I haven't really had the chance to work it out for a few years now. I so need free time for the gym again.



**Re: !!!**

 [cvillette](#)

[September 16 2008, 17:10:54 UTC](#)    [COLLAPSE](#)

What's the difference between le parkour and free running, if you don't mind?



**Re: !!!**


 [winneganfake](#)

[September 16 2008, 17:17:35 UTC](#)    [COLLAPSE](#)

Parkour's more about the direct, brutal, fast approach. Free running's a bit more acrobatic. It's like the philosophical differences between karate and aikido. Actually, the wikipedia article illustrates that one pretty well: <http://en.wikipedia.org/wiki/Parkour>



**Re: !!!**

 [cvillette](#)

[September 16 2008, 17:32:22 UTC](#)    [COLLAPSE](#)

Dude. Thanks. and I apologize in advance for any hate mail you get from my friends.



**Re: !!!**

 [winneganfake](#)

[September 16 2008, 17:36:32 UTC](#)    Edited: September 16 2008, 17:37:17 UTC

[COLLAPSE](#)

Bah- hate mail's fun. Sending flowers to hospitals, on the other hand is not- I should have put the speech in sooner- but speaking as someone with multiple knee injuries, do yourself a favor before trying any of this stuff- learn and practice your basic rolls and falls. Practice them until you know them better than breathing. Joint injuries are the biggest issue in parkour or free running, and it's the reason most traceurs stop practicing it. Make sure to be safe with this stuff, or you're going to be in a world of hurt.



**Re: !!!**

 [cvillette](#)

[September 16 2008, 17:44:47 UTC](#)    [COLLAPSE](#)


Wise advice. I skate and climb, I used to jump, and I have some martial arts training. I fall okay, and I can start from there to learn to fall better, I think.

I was just reading the wiki page--I like the dual ideas of "être et durer" and "être fort pour être utile."

Because, yeah.



**Re: !!!**

 [winneganfake](#)

[September 16 2008, 18:09:46 UTC](#)    [COLLAPSE](#)

They're good philosophies to live by, that's for certain. Though my own fave comes from a bit of weird sci-fi: "We are born broken. Life is the healing." Pretty much what got me into martial arts and Parkour.

Speaking of Martial arts, what did you study?

And thanks for the add, by the way- I don't post much on the physical end (aside from complaining about the arthritis pain, ugh!) but hopefully the rest of the content on there you'll find interesting at least.



**Re: !!!**

 [cvillette](#)

[September 16 2008, 18:35:49 UTC](#)    [COLLAPSE](#)

Huh. A friend of mine says something that's kind of the opposite of that.

Re: Martial Arts: nothing as useful as a discipline or philosophy. It's law-enforcement ass-kicking training, supplemented by a couple of friends who enjoy dropping me on my head when they get a chance....and a certain amount of adolescent brawling, but that never happened. \*angelface\*



**Re: !!!**

 [winneganfake](#)

[September 16 2008, 18:42:35 UTC](#)    [COLLAPSE](#)

Heh. I could easily believe that.

Law Enforcement martial arts- otherwise known as "the shit what actually does the job." Sorry, I tend to respect that kind of thing more than a 20 year Enlightened Master. I'm a practical application nut. I just like philosophy at the same time. Hell, if you're ever in the NW and need a sparring partner or, better yet (if I get my endurance training going again), a bouldering/city thrash running partner, let me know.




**Re: !!!**

 [cvillette](#)

[September 16 2008, 18:50:04 UTC](#)    [COLLAPSE](#)

You're on.

 [edschweppe](#)

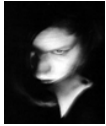
[September 17 2008, 02:43:52 UTC](#) [COLLAPSE](#)

Would they even let you in the **building** wearing those?

 [jennythe\\_reader](#)

[September 17 2008, 00:59:19 UTC](#) [COLLAPSE](#)

A friend of mine has a pair of those! He says they're the best shoes ever.



 [kayjayoh](#)

[September 18 2008, 01:41:03 UTC](#) [COLLAPSE](#)

Oh! I remember reading about those in [this article](#). They sounded kind of cool.




 [kayjayoh](#)

[September 16 2008, 05:12:44 UTC](#) [COLLAPSE](#)

WANT!!



 [inaurolillium](#)

[September 16 2008, 05:43:51 UTC](#) [COLLAPSE](#)

Oooo...

 [erinya](#)

[September 16 2008, 06:07:51 UTC](#) [COLLAPSE](#)

Wow. I want a pair. And I seriously suck at skating but those look less feet-flying-out-from-under-me.

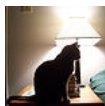


 [glinda\\_w](#)

[September 16 2008, 06:51:09 UTC](#) [COLLAPSE](#)

Ooooooooooh. \*wist\*

(I'm old enough to remember rollerskating to school in grade school. Using skates that clamped onto my shoes, with an all-important skate key.)



 [txanne](#)

[September 16 2008, 11:04:00 UTC](#) [COLLAPSE](#)

You totally should!


 [barsukthom](#)

[September 16 2008, 13:02:00 UTC](#) [COLLAPSE](#)

Man. But a leetle too small por moi.

The Very Clever Germans had some sort of mini roller skis for Alpine skiing during the summer. (Think in-line

skates with a tank tread) Those are what I want.

 jennythe\_reader

September 16 2008, 13:11:30 UTC    COLLAPSE

Those do look like fun!

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